



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

"...If parents were perfect, children would never sense their need for God!" Paul Meier



Greetings & Welcome Parents! *Music & Reading!*



Every Parent is a Flawed Parent ... we're not alone!

- Setting Wise Limits - when good things take over
 - The very things our kids (or we adults!) turn to when we feel anxious could be the thing that causes anxiety
 - Building alternative 'muscles' to tech - offering books, puzzles, games, crafts, coloring books left out & about in living spaces
 - Do I handle boredom well? Helping our kids manage boredom or loneliness
 - Tech should not be used in the bedroom & primarily for education, less for entertainment
 - [Not Just a Tech Problem: Helping Kids Build Better Muscles for Life](#)
- Kids knowing who they are
 - Do they recognize their value - who they are & what they can become?
 - "When children live in the house, there should be evidence of that!"
 - God builds limits in order to protect us, showing value.



Tips for New Parents - -

- Sleep Hints & Ideas! Baby Sleep Day - March 1st 🤤
 - <https://www.focusonthefamily.com/parenting/how-to-get-your-baby-to-sleep-well/>
 - Combatting post-partum blues ... <https://www.focusonthefamily.com/parenting/bible-verses-for-depression-a-parents-guide/>
 - Emotionally overwhelmed children may act out - this is not the moment to lecture even in their disobedience. Hold them until they are calm, distract them with something else in the room or outside, maybe a pet.



The importance of being DAD!

- Use your **words to build up** rather than tear down; **model the person you want your kids to become.**
 - Most everything else stems from this **practice.**
 - <https://www.focusonthefamily.com/parenting/how-to-be-a-good-dad-7-ways-to-be-the-father-your-kids-need/>
- Confronting tough issues & being watchful, especially in elementary age and teen years!
 - <https://www.focusonthefamily.com/parenting/be-the-dad>



Establishing Strong Roots



FPRC Parenting Class – February 2026



*Parenting Classes Offered to the
Clients of Foothills Pregnancy Resource Center*

Hope you can join our upcoming spring 2026 parenting classes where we discuss fun and creative parenting strategies! We're meeting the 2nd Thursday each month at 10:45am at FPRC. The session is about 1 hour, to include snack, craft/activity for kids & handouts to take home. This is geared for moms, dads or guardians needing some ideas, encouragement & to realize you're not alone!

Thursday, January 8th

Thursday, February 12th

Thursday, March 12th

Thursday, April 9th

Thursday, May 14th

Thursday, June 11th

Classes will be 10:45 - noon ... PLAY AREA FOR KIDS in the Lobby!
We'll have a raffle for a chance to win a gift card for those who RSVP! * *
Location: FPRC, 924 Buena Vista St., Suite 202, Duarte - - 626-358-2122
* * PLEASE RSVP by calling FPRC - - leave your name with the receptionist or voicemail! OR better yet, email barbarawiltsey@gmail.com